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# Volume 07, Number 03

College of Medical Evangelists

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# THE MEDICAL EVANGELIST

A JOURNAL DEVOTED TO THE  
PROMULGATION OF HEALTH REFORM PRINCIPLES

VOL. VII

LOMA LINDA, CALIFORNIA, NOVEMBER, 1920

NUMBER 3

**The Health Should  
be as Sacredly  
Guarded as the  
Character.**

—*Mrs. E. G. White*




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"I have been instructed that we are *not to delay* to do the work that needs to be done in health reform lines. Through this work we are to reach souls in the highways and byways." Volume 9, page 168.

"Every worker should be *understandingly* efficient." Vol. 7, page 70.

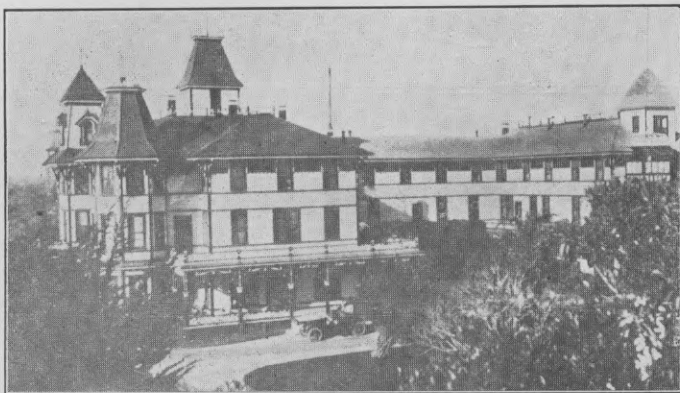
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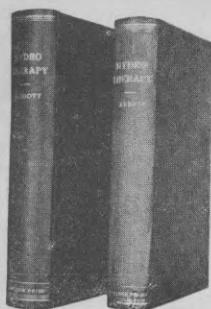
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# NOTE and COMMENT

## A CURE FOR LEPROSY?

It is reported by the United States Public Health Service that forty-eight lepers in Honolulu have been cured of their loathsome disease. The results reported have been gained through the administration of the active chemical agents present in chaulmoogra oil. If this preparation really proves its potency in halting the progress of leprosy and in destroying the germ responsible for its development it will be hailed as a Godsend to thousands thus afflicted.

## SOMETHING NEW ON DIGESTION

Rehfuß and Hawk of Jefferson Medical College have recently presented the results of a series of experiments on the activities of the stomach under varying conditions, and its response to various foods and food combinations. A summary of a little of this recent work may prove of interest to our readers. It has been shown that newspaper reading during the course of a meal has no decided influence on gastric digestion. This will be quoted with delight, no doubt, by busy husbands whose wives object to the newspaper at the breakfast table. It was formerly thought that food actually disliked or not at all cared for by an individual called forth a very feeble gastric activity, and consequently became the possible source of unpleasantness because of the failure of proper digestion. This has been disproved. In subjects prejudiced against eggs, for example, it was found that their ingestion was followed by an apparently normal gastric digestion. It has furthermore been shown that the ultimate utilization of food prepared in a most unpalatable manner was not appreciably less than that of the same diet served under the best conditions. Our missionaries will appreciate this scientific assurance that as long as they do not ingest cholera or typhoid or something of the sort along with the food served in a native hut they will be able to properly digest and utilize the worst of it.

## HEALTH EDUCATION FOR CHILDREN

The attention of the average child grows listless if he is compelled to sit very long and listen to a talk about the advantages of oatmeal and spinach, of increased weight, of tooth-brushing, baths or any other steps in personal hygiene. It has therefore been a difficult pedagogic problem to develop methods for child health education. However, through a body—the Child Health Organization, 156 5th Ave., New York—headed by an executive committee containing such distinguished names as Holt, Pisek, Sachs, Winslow, Heiser Mrs. Frederick Peterson and Hon. Franklin K. Lane these problems are being studied and remarkably effective methods of propaganda developed. Among the chief features are Cho-Cho, a health clown—named in honor of the organization; the picture man—a health cartoonist, and the health fairy. The services of these specialists are available for teaching the child the essential rules of the health game. Cho-Cho, because he is a clown, has the undivided attention of every child. He teaches the simple facts of health and hygiene while for forty minutes in an atmosphere of jollity and happiness he demonstrates the right way to eat, bathe, sleep and brush the teeth. The picture man is a cartoonist who, by rapid drawings in col-

ored chalks, illustrates the simple rules of health. The health fairy, in a gown of chiffon with silver wings, tells the smaller children the elementary rules which the organization believes every child should know. The organization also issues a series of booklets of special interest to children, such as "Cho-Cho and the Health Fairy," "The Child's Health Alphabet," cards and pictures which must by their artistic character fascinate and interest every child.—*The Journal of A. M. A.*

## FACTS ABOUT RATS

Rats do a damage in the United States in one year of over \$100,000,000.00.

It costs an average of \$1.82 a year for every rat on your premises in loss of food and damage they do.

One pair of rats will produce a progeny of over 650,000 in three years.

Over \$15,000,000.00 of property is lost each year by fires, caused by rats gnawing away the insulation of electric wires and eating through gas pipes.

A rat frequently weighs over one pound and measures more than 19 inches from tip to tip.

They make nests between floors and ceilings and in rubbish piles.

Will swim a mile and one-half to meet or leave a ship.

One of the most dangerous mediums known for spreading diseases.

Gnaw through heavy timbers, frequently weakening the structure of buildings and piers.

Do thousands of dollars damage in libraries by eating the bindings on books.

Since the last breaking out of the black plague in India, they have carried the disease into every continent of the globe.

Ships coming from Asia have brought plague infected rats in the last four years into the Philippines, Hawaii, three cities in the United States, besides the West Indies and Liverpool, England.

Many rats have one of the most terrible diseases known, called Trichina (a form of leprosy), for which there is no known or satisfactory cure.

No premises having rats will be free from dangers of disease until the rats are completely exterminated.

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# How Sweet Is Your Blood?

FREDERICK BULPITT, M. D.

THE supply of energy for the body is carried in the blood stream in the form of sugar. The pure crystalline form of this sugar is known as dextrose, and a commercial form appears as a thick syrup, glucose. This kind of sugar is found in nature in fruits and honey, and is formed in the body by the digestion of starchy foods or of sugars. Thus potatoes, rice, or cane sugar all yield dextrose when fully digested. Protein foods, such as meat, also may yield a certain amount of sugar during digestion.

The dextrose passes into solution in the blood, and is carried to every cell where it is used as needed. A reserve supply of the sugar is stored in the liver and the muscles in the form of glycogen, or "animal starch." When an emergency call comes for an immediate supply of energy, this animal starch is again broken down to dextrose and rapidly poured out into the blood stream.

The cells of the body have the power of oxidizing or burning the blood sugar, by which they keep warm, and receive the energy necessary to maintain their many functions. The combustion of sugar occurs in the cells in the same manner as coal is burned in a boiler to furnish heat and energy. The "smoke" which is given off from the oxidation of sugar appears as carbon dioxide in the breath.

The amount of dextrose in the blood before meals averages 0.1 per cent. This amount is increased during the period of digestion for about two hours, when it returns to normal. Candies and sweets especially cause a marked rise in blood sugar.

Besides the foods, there are other factors which regulate the amount of sugar in the blood. Chief among these are the internal secretions, which are poured into the blood stream from several small glands situated in various parts of the body. When the secretion from the thyroid gland is increased there is a rise in sugar. The thyroid is situated in the front part of the neck, and is the gland which gives rise to goitre. Inactivity of the thyroid is suggested when a low blood sugar is found. This occurs in the diseases known as myxedema and cretinism.

The suprarenal gland is situated just

above the kidney. It is closely related to the sympathetic nervous system which largely controls the automatic activities of the body, such as the circulation and respiration. The control of sugar by the suprarenal is protective in nature. The suprarenal secretion is increased by fear or anger. Added energy is then needed, either to flee or fight. Immediately the suprarenal gland becomes more active, and there is poured out into the blood stream an abundance of sugar to supply the pressing need.

The pituitary, a small gland situated in the skull is also a controlling factor in the utilization of sugar in the body. When its secretion is lacking, the blood sugar is low, and starches are stored up in the body in the form of fats.

Perhaps the most important of all the internal secretions regulating sugar is derived from some small cellular areas in the pancreas. These are called the islands of Langerhans. When their secretion is lacking the body is unable to utilize the blood sugar as a source of heat or energy. The sugar consequently accumulates, producing a rise in blood sugar which may be as high as eight times the normal amount.

As the sugar continues to increase in amount in the blood, it finally overcomes the resistance of the kidney and passes out in the urine. This occurs when the blood concentration is about 0.17 to 0.18 per cent. Then we say that the patient has diabetes. If the patient also has kidney disease, the threshold value of the kidney toward sugar may be raised, and the sugar not appear in the urine until the blood concentration has reached 0.2 per cent. Of course, this would delay the diagnosis of diabetes based on the appearance of sugar in the urine.

Diabetes may appear at any age. It usually is associated with obesity and overweight. One of the important causes of diabetes is overeating, especially of sweets. Doctor Joselin, an expert in treating this disease, says, "There is a real danger in the candy habit." There no doubt is a definite relationship between the greater prevalence of diabetes during the past fifty years and the increased consumption of sugar. Fifty years ago, diabetes appeared much less frequently than at the present

Continued on page 19



# Fundamentals in Medical Work

PASTOR J. G. WHITE

Bible Instructor College of Medical Evangelists

## THE KEYNOTE

WITH the physician, religion is not to be merely *one influence among others*. It is to be an influence *dominating all others*." "Ministry of Healing, page 117. If religion "*dominates*" the work of the physician, all his work will be governed by the Word of God; the manner of doing the work, the methods and means employed, and the purpose for which it is done.

## THE BIBLE BASIS

The fundamental lesson in the study of the human body is to learn that *God created the body*, and instituted all its laws and functions; that God gave it *life* which was to be full, perfect, without *pain*, without *disease*, and without *end*; that the *interference* with this plan which came in came through *disobedience* to the laws which God instituted; and that our *diseases* are the *result* of disobedience by ourselves or those who have gone before. This is taught by such scriptures as these: "Sin no more lest a worse thing come upon thee." John 5:14; "For whether is easier, to say, Thy sins be forgiven thee, or to say, Arise, and walk?" Matt. 9:5; "*Sin*, when it is *finished*, bringeth forth *death*." Jas. 1:15. Death, which we usually consider to be the result of our *diseases*, God says is the result of *sin*. Had there been *no sin*, there would have been *no disease*, and *no medical work*. "Jesus came that we might have *life*, and that we might have it more *abundantly*." John 10:10.

Jesus came to forgive all our *iniquities*, to heal all our *diseases*, and to redeem our *lives* from destruction. Ps. 103:3,4. Therefore, to take away *sins*, and to take away *sickness*, and to redeem the *life*, are all *His work*, and are all *one work*, and *cannot be separated*. This means that our violations of the *spiritual* and *physical* laws of God must be treated and healed together as *one work*, which cannot be separated. And when His work of *forgiving* and *healing* is *finished*, no one will then say, "I am sick; the people that dwell therein shall be forgiven their iniquity." Isa. 33:24. In taking away all their iniquity, their sicknesses are also taken away. Then there shall be no more pain. Rev. 21:4, and "the last enemy that shall be destroyed is death."

1 Cor. 15:26. Then the Saviour's work is finished, and the work of the physician is also finished. The work of the true physician is a *calling from God* to co-operate with *Him* in His great work of *restoring mankind*; and the true way to work is to seek for the *causes* of our condition, and labor to remove them. And the causes are found in the violation of the laws of God, both spiritual and physical.

## ANOTHER KEYNOTE

The study of the human body should always be a *search after the will of God*, with *obedience* as the *purpose*, which makes the restoration of *character* the *goal*. This is *why* "teaching and healing should never be *separated*." "Ministry of Healing," page 141.

"To obey is better than sacrifice, and to hearken than the fat of rams." 1 Sam. 15:22. It is *better* that we learn not to sin, than that we sin and then have to make a sacrifice for it and be *forgiven*. And it is *likewise better* that we learn how to live without violating nature's laws than that we ignore them, become sick, and have to be forgiven, (healed), (bring a sacrifice). Therefore, the very best and highest form of practicing the healing art is *teaching the people to obey both the spiritual and physical laws, as the laws of God*. This is the highest and best form of the healing art for two reasons. (a) To prevent sin and sickness so that forgiveness and healing are not needed is *better* than to forgive and to heal. (b) Recovery by *teaching* brings forth *character through obedience* to the law of God. Reason (a) is good, but reason (b) is far more important but much less understood.

"Fools because of their transgression, and because of their iniquities, are *afflicted*. Their soul abhorreth all *manner* of food; and they draw near unto the gates of death. Then they cry unto Jehovah in their trouble, and He *sendeth His Word* and healeth them." Ps. 107:17-20, R. V. The "word" which He "sendeth" and by which He "healeth" them must contain as its chief element *instruction* to cure them of their foolishness and transgressions, by calling for repentance and future obedience. The "word" by which He "healeth" them

Continued on Page 19

# The Legend of the Garment of White

Mrs. Sidney Turner

The ward was still; the sun had set;  
The lamps had not been lighted yet.  
A nurse, with gown and cap of white  
Came down the hall with foot-fall light,  
With somebody's evening meal.  
A man lay watching the fading light;  
Watching, too, the girl in white  
Bearing the evening meal.

I wonder why it is white, he thought.  
'Twould seem such varied service ought  
To call for color of useful hue,—  
So many different things to do,  
So many ways to go.  
And as he lay, in the waning light,  
The nurse returned,—in the gown of white,  
So many ways to go.

The sick man's eyes some question asked,  
And she paused at the summons she never passed,  
And asked the patient, did he need her care;  
If so, she would very soon be there.  
There are only a few to serve.  
He told her the question about the white,  
And she promised to tell in the evening light;  
There are only a few to serve.

The serving done, she was quickly there;  
She beat up the pillows, and smoothed his hair;  
And sat down beside him, and taking his hand  
Began the legend she had heard in her land  
The other side of the sea.  
Her white gown glistened in the dimly light,  
As she told him how it came to be white,—  
The other side of the sea.

"When the very first class of nurses to be  
Were to take their diplomas and go forth to see  
What they could do in this new line of love,  
Which some gentle spirit sent from above,  
Had whispered to Mother Earth"—  
This is the way the legend began  
Of this beautiful blessing come to man,  
This gift to Mother Earth.

The doctors had it all planned out  
But the dress, and this they knew nothing about.  
They could not decide; How should they know?  
Dress was not powders and pills! And so  
They were puzzled enough to say  
What the new nurses had better wear,  
That would indicate sweet, tender care;  
All were puzzled to say.

Said one, "It must surely have Hope in the weave;"  
Said another, "And surely Love it must breathe;"  
The third, "And Courage must form a part;"  
The fourth, "There must be Truth in the heart."  
It was growing a surprise!  
A fifth insisted, "Cheer should be;"  
And the sixth one spoke of Constancy;  
The seventh claimed that Calm and Rest  
Were of the needs he thought the best  
In what a nurse should be.  
And they realized as never before,  
The elements of character  
In what a nurse should be.

The leading physician rose and said,  
"Colors are types, I have somewhere read.

Let us each bring color our need may mean;  
And placing a loom on yonder screen,  
Let the swift shuttle weave  
The whole into one, and the blending we see,  
Shall the color of the garment be.  
Let the swift shuttle weave!

So each laid threads of the color he would,  
That in his own mind for his attribute stood;  
Red, yellow and green; orange, violet and blue.  
And the shuttle flew to and fro, through and  
through,

In the curious doctors' sight,—  
'Till each special color was lost to view,  
And the color it made was something new,  
For behold! the texture was white.

The girl's voice paused a second or two,  
"Such is the legend;—I could wish it were true."  
And she rose, with a longing for living so bright,  
That she might make true her garment of white—  
In this,—Its fullness of beauty.  
"God bless the white!" the sick man said,—  
As she laid back the hand and screened the bed,—  
"The white in its fullness of beauty."

I am sure I should voice the word of all,  
Could a loom be brought and placed in this hall,  
And each lay a thread as their thought for you,  
As you now go out your work to do;  
(And for us, mayhaps, it may be.)  
The meaning of this garb of white—  
Would again be woven in our sight,—  
Our wish for your welfare to be.

Today, this school the garment gives;  
Today, our hearts, the texture weaves;  
Today, the world is all open to you,—  
The way, a stronger one, to pass through;  
But the garment given, is white!  
In war, in peace, in pain, in death,  
In field, at home, a beacon breath  
You bear, in your garment white.  
The Love, the Hope, and Courage too;  
The Truth, and the Beauty, when life is through,  
You shall find laid up on the loom on high,  
The threads all garnered as your life passed by;  
And heaven shall give them light!  
And the shuttle shall weave with a master hand  
When the Great Physician awards in that land  
Your celestial garment of white!



# THE FORUM

DEVOTED TO STUDENT INTERESTS

## THE CHRISTIAN PHYSICIAN

Eugene Maxson

FROM all walks of life, God has called men to follow Him. He has laid upon each his own duties and responsibilities. But from no class of people does He require more than from the physician.

To meet the requirements set by God, a physician must first of all be a man thoroughly acquainted with his Saviour. Time must be spent in the study of God's word, and in secret prayer. The physician must come to Christ; he must struggle with the powers of darkness until he is a complete overcomer. He must know, and know thoroughly the way to Calvary. He must be able to go to the cross at any time, and to go alone and in the dark. For only thus will he be able to lead others to Christ. At the bedside he must be able, by the dwelling of Christ within himself, to show to others the power of Christ to save. Only to the extent that he has Christ in his heart can he reveal Christ to others.

The physician is to be a co-worker with Christ. He is not only to strive to give healing power to the physical man but he must give the only remedy which cures the sin-sick soul. Nor can he do this unless he is complete master over every besetting sin. He must be filled with the life-giving power which comes from Christ.

But is the spiritual side of the medical man the only side? No, there should be no individual more qualified in scientific lines than the Christian physician. Christ in His home work as a carpenter, or in His public ministry, never slighted a single task. His work in every instance would stand the closest scrutiny from the most expert workmen. So in the life of the physician, God requires exactness, thoroughness in every line.

The physician must be skilled in more than the art of healing the sick. He must be a teacher or educator. Many people die daily, who with the simple knowledge of how to take care of their bodies, might be spared. The great public is crying for knowledge. While now, in that great educational field almost untouched by the medical profession, there is a great harvest ready to be reaped by the God-fearing physician. People need to be taught the simple remedies for the treatment of disease, the application of hot and cold in such a way as to alleviate the pain of the suffering. Not only this, but they should be taught preventative medicine. Many know practically nothing of sanitation, healthful cooking, food values, the evils of the patent medicines, and such like. These are some of the many things of which the world is ignorant. Can it be any wonder that diseases are rapidly increasing, and mortality in proportion with it? Who can put a stop to these things? Who can combat these things? Who only can apply the one remedy,—knowledge? This is a work to which the physician is called.

In educational centers, such as colleges, and academies, courses should be given so that every individual who finishes college may be able to care for the sick. He should know how to give the simple treatments, bandage wounds, and in a general way know how to take care of any accident that may happen at any time. Not only should these students know how to do these things themselves, but they should know how to teach others to do them. Thus in a few years the graduates from our colleges could shed the light of health-giving principles all over our broad land. And who are more capable of leading in this all-important work than our God-fearing physicians? This is his work. But to do it, he must have control of every

Continued on page 22





## THE FRESHMAN CLASS IN MEDICINE

Philip Amadon.....	Emmanuel Missionary College	Gilbert Johnson.....	Bellingham State Normal
Ether Andre.....	Washington Missionary College	O. Donovan Johnson.....	Emmanuel Missionary College
Marvel Beem.....	Pacific Union College	Harold Johnson.....	Walla Walla College
Karl Berry.....	Pacific Union College	W. A. Johnstone.....	Pacific Union College
George Bergman.....	Walla Walla College	Walter Jensen.....	Union College
Carl Bishop.....	Lancaster Junior College	Paul Kirshman.....	Walla Walla College
Preston C. Byington.....	Pacific Union College	Alfred Kosky.....	Pacific Union College
Harold Burden.....	Pacific Union College	Victor Lindsay.....	Washington Missionary College
Ford Cady.....	Emmanuel Missionary College	Floyd Lee.....	Pacific Union College
Read Calvert.....	Washington Missionary College	Walter MacPherson.....	Pacific Union College
Harold Cornell.....	Walla Walla College	Arlie Moon.....	Pacific Union College
Wm. Christensen.....	Union College	George Nelson.....	Pacific Union College
Elias Chuquiyure.....	Union College	Elmer Nelson.....	Union College
F. H. Coeur-Barron.....	Walla Walla College	Tesla Nicola.....	Union College
Carol Coolidge.....	Pacific Union College	Blanche Noble.....	Union College
Alice Crooks.....	Union College	Viggo Palleson.....	University of Redlands
Glenn Curtis.....	Union College	Aram Raphaelian.....	Pacific Union College
Oran Cutler.....	Union College	Homer Rickabaugh.....	Pacific Union College
B. R. Davidson.....	Pacific Union College	E. E. Rippey.....	Walla Walla College
John S. Davis.....	Union College	George Rue.....	Pacific Union College
Shuler Fagen.....	Pacific Union College	David Schmidt.....	Pacific Union College
Fay Falconer.....	Los Angeles Junior College	Frank Schmidt.....	Pacific Union College
Eldon Ford.....	Occidental College	Percy Scott.....	Walla Walla College
Guy Frederickson.....	Union College	Fred Scott.....	Walla Walla College
Bernard Graybill.....	Union College	Lewis Stanton.....	Emmanuel Missionary College
Donald Griggs.....	Emmanuel Missionary College	Archie Steele.....	East Canadian Missionary Seminary
Mamie Guthrie.....	Union College	Edgar Spear.....	University of Southern California
Vivian Hamilton.....	Pacific Union College	George Mosser Taylor.....	Emmanuel Missionary College
Clemen Hamer.....	Washington Missionary College	Herbert Tindall.....	Pacific Union College
Edwin Hanson.....	Emmanuel Missionary College	Archie Tong.....	Pacific Union College
George Ham.....	Pacific Union College	Orlay Van Eman.....	Walla Walla College
Esther Hare.....	Pacific Union College	George Wagner.....	Pacific Union College
Malcolm Hill.....	Pacific Union College	John A. Wahlen.....	Lancaster Junior College
Dow James.....	University of Redlands	Lyle Winslow.....	Walla Walla College
Russell I. Johnson.....	Pacific Union College	Ethel Wood.....	Emmanuel Missionary College

# Food For Thought

*An Appeal to Enlist in the Movement for the Evangelization of the World in This Generation*

(Editor's Note.—The following was clipped from the **Galveston Daily News** of February 16, 1920.. If these young people can do such a work, what should Seventh-day Adventist youth be doing?—we who profess to believe that only a few years remain in which to give the very last call to earth's perishing millions. In one generation, over 8000 young people have gone into foreign field work as the result of the "Student Volunteer Movement." Five years ago there were something over 31,000 students enrolled in all our schools. How many of our graduates have gone into mission fields, and have remained there, "filled with love for sacrificial service?" If these young people have taken for their goal, "the evangelism of the world in this generation," what should our own young people be doing who believe that there will never be another generation?)

**A**N ECHO meeting of the Student Volunteer convention recently called in Des Moines, Iowa, was held last night at the Central Christian Church, when A. T. Stewart of Sherman, J. B. Barnett of Oletha and Miss Elizabeth Donaldson of San Antonio, representatives of the State Medical College, spoke to members of the congregation.

"Since the organization of the movement a generation ago, 8,140 students have gone to the foreign mission field," Mr. Stewart said. Since its inception eight great quadrennial conventions have been held.

The purposes of the movement were to awaken and maintain among the Christian students of the United States and Canada an active interest in foreign missions; to enroll a sufficient number of properly qualified student volunteers to meet the successive demands of the various missionary boards of North America to help all such intending missionaries to prepare for the life work and to enlist their co-operation in developing the missionary life of home churches; to lay an equal burden of responsibility on all students who are to remain as ministers and lay workers at home, that they may actively promote the missionary enterprise by their intelligent advocacy, by their gifts and by their prayers.

The movement made no provision for maintenance of missionaries in the field, but acted as a recruiting agency to fill the calls of the various boards for workers in their different fields.

The greatest objective of the convention was the presentation of the appeal to enlist

in the great movement for the evangelism of the world in this generation. The force of the appeal to volunteers for service in this task was due not only to the realization of the needs of the world and the solution of the needs, but more so because of the realization that the bulk of the task lies with North America, it was said.

In his talk on MEDICAL MISSIONS, Mr. Barnett said that *this phase of the work was an integral part of missionary propaganda.*

"No work so nearly approaches and represents the life of Christ as medical missions, so pitiful a need and so glorious an opportunity," he said. The great factors emphasized by Mr. Barnett were the education of the natives, hygiene, public schools and the prevention of disease.

"The best means to cope with conditions existing in foreign countries is to Christianize them by giving them the simple teachings of Christ," he said. "The Bible is the medium by which this teaching may be given at the mission hospitals, where natives are treated. The hospital is equally responsible as the church and the school. It is Christianity in action, the alleviation of the soul and the body. While carrying out the education and Christianizing, the doctor is alleviating suffering and eradicating disease.

"The greatest needs are adequate and well-equipped hospitals, more training schools for doctors and nurses in China, more doctors, more nurses, trained in profession and in the Bible, filled with love for sacrificial service.

"The preparation and requirements of medical missions include technical skill, practical ability, physical ability and executive ability, spiritual character and personality."

Mr. Barnett cited statistics showing the need for physicians in foreign countries, particularly women doctors. In most of the countries there are millions of women in need of care and attention and few doctors.

The missionaries in China was the subject of the talk given by Miss Donaldson, who gave a resume of the activities in that country.



## Freshman Nurses



Anderson, Jennie  
Byington, Mrs. Margaret  
Cornell, Lois  
Dale, Mrs. Bertha Esther  
Fletcher, Olive J.  
Fenderson, Leah  
Fink, Ella  
Geates, Robert Leslie  
Harrell, Minnie Lee  
Hart, Rhoda

Johnson, Vivian  
Joseph, Lillian Mae  
Liu, Agnes  
Markert, Mae  
Martin, Mary Jane  
Maxson, Louise  
Roach, Esther Myrtle  
Runck, Elizabeth  
Stone, Ruth Esther  
Taft, Miriam

## Medical Missionary Class

Bradford, Glenn  
Boehm, Mrs. John  
Brauen, Genevieve  
Carpenter, Ellsworth  
Crowe, H. S.  
Gerrens, Henry  
Hamilton, John  
Martin, H. W.  
Seidel, Mrs. Elizabeth  
Schneider, I. C.  
Schneider, Mrs. I. C.  
Schneider, C. C.





# Principles Involved in the Maintenance and Restoration of Health

Mary C. McReynolds, M. D.

ALL the elements of life as builded into the human body by the Creator are found in the foods prescribed as "good" in the beginning, and "He is bringing them back to the diet originally given to man. Their diet is to consist of the foods made from the materials He has provided. The materials principally used in these foods will be fruits and grains and nuts, but various roots will also be used." Vol. 7, Pages 125-6.

"If we come to persons who have not been enlightened in regard to health reform, and present our strongest positions at first, there is danger of their becoming discouraged as they see how much they have to give up, so that they will make no effort to reform. We must lead the people along patiently and gradually, remembering the hole of the pit whence we were digged." Vol. 3, page 21.

Avoid mixing many foods,—even good foods,—in one preparation. "Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods, *prepared in as simple and natural a manner as possible*, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet." "Ministry of Healing," page 296.

"Teach the people to preserve the health and increase the strength by avoiding the large amount of cooking that has filled the world with chronic invalids." Vol. 7, page 135.

"There is danger that the combination of many foods in the dishes served shall be carried too far. The stomach suffers when so many kinds of foods are placed in it at one meal. Simplicity is part of health reform. The many complicated combinations of food that are not wholesome tend to make of the health reform a health deform." Loma Linda Messages, page 223.

## SELECTION OF FOODS

"In the use of foods, we should exercise good, sound, common sense. When we find that a certain food does not agree with us, we need not write letters of inquiry to learn the cause of the disturbance. Change the diet; use less of some foods; try other preparations. Soon we shall know the ef-

fect that certain combinations have on us. As intelligent human beings, let us individually study the principles, and use our experience and judgment in deciding what foods are best for us." Vol. 7, page 133. Our experiments are to be limited by the "*principles*" and our judgment guided by consecrated wills.

"There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice." Vol. 7, page 134. Try it; it will save the cost of food and treatment, even though you may be able to get your medical advice gratis.

## BREATHE PURE AIR

Breathe pure air. "Full deep inspirations of pure air, which *fill* the lungs with oxygen, purify the blood, soothe the nerves, stimulate the appetite, renders digestion more perfect, induces sound refreshing sleep." "Ministry of Healing," page 272.

Do you need a "blood purifier" in the spring? There is a better remedy than the time honored "sulphur and molasses" or any patent tonic you may purchase, and it costs nothing. *Breathe. Lift the chest and breathe.*

Are you nervous? Get out and *breathe*. Do you need something to stimulate a flagging or "finicky" appetite? Take a brisk walk in the fresh air, and *breathe*. And for that impaired digestion of yours perhaps the very best remedy is a cheerful forgetfulness of what you have eaten and,—*deep breathing*. Insomnia is a very popular difficulty these days. If you want sound refreshing sleep, clear your record with your neighbor and your conscience with God, and then walk out into the freshest air you can find and breathe it in gratefully and joyfully, and then sleep.

When "an insufficient supply of oxygen is received, the blood moves sluggishly, the waste poisonous matter, which should be thrown off in exhalations from the lungs, is retained, and the blood becomes impure. The *lungs, stomach, liver and brain* are affected. *The skin becomes sallow; digestion is retarded; the heart is depressed; the brain is clouded; the thoughts are confused; gloom settles upon the spirits; the whole system becomes depressed and inactive, and peculiarly susceptible to disease.*" "Ministry of Healing," page 273.

Continued on page 20

Editor's Note.—This is the second article by Doctor McReynolds on this subject. It will be continued in the January issue.

# INDIA'S WOMANHOOD and CHILDREN

By PASTOR FULLER

CHAIRMAN ASIATIC DIVISION

**P**ERHAPS nothing so emphasizes the need in India of strong help in the way of medical missionary workers, Christian doctors and nurses, than the woeful condition of women and children in India. The work set before us in the Indian Empire seems an insurmountable task, and the ignorance of India's women is one of the greatest barriers.

Says Dr. J. P. Jones, missionary of South India: "The condition of its women is the truest test of a people's civilization. Her status is her country's barometer." Of the 150,000,000 women in India only 1,500,000, or one in every hundred, can read. Then they are not only ignorant of books, but millions are, because of cruel customs, early initiated into the duties of motherhood, and these young mothers have had neither knowledge from observation nor experience as to what such grave duties involve. The result is untold suffering to themselves and to their children. Child marriage, so common in India, has made education impossible for women. No tongue can tell, nor pen portray the sad, sad plight into which Indian women,—children in years, many of them,—are placed by the cruel and degrading customs of false Eastern religions especially Hinduism and Mohammedanism.

Let a few facts be stated that have to do with the situation in which womankind are found here in India. Marriage in western lands is generally confined to mature people, but in India in spite of all the education and agitation against it, infant and child marriage is very common. Everywhere child mothers, with their babies at their breasts, are to be seen in India.

Mrs. A. M. Gordon, M. D., writing in the *India Witness*, says: "I have heard of a seven-year-old mother, and the only remark of the informant was: 'They say the baby is very small and weak.' And I am told that ten-year-old mothers are not so infrequent as to occasion any remark at all. What hope can children of such immature mothers have of ever possessing a perfect physique, even under the most favorable after circumstances? And how can such mothers know how to care for their

babies? Practically all Indian girls are married without regard to their condition either physical or mental, and thus much weakness of body and mind is propagated to the detriment of the race."

Today there are in India 9,000,000 wives under fifteen years of age, 2,500,000 wives under twelve years of age, and 500,000 under five years of age. There are, according to the 1911 census, 13,212 wives under twelve months old. "Of course, many of these are not wives indeed; but, far too many, when they should be children in their mother's care, are as truly wives as ever they will be; and infrequently wives of grown and even of old men. Such a horrible institution has its ruining effect upon the physique of the child-mothers, the complete destruction of adolescence which ought to be a time when the faculties are braced and prepared for life. Instead, the child is plunged into the cares and excitement of matrimony." K. A. Blair, writing in the *India Witness*, says: "I do not forget the little procession which early one morning passed through our grounds on its way to the boat that lay below in the canal; the mother and the young girls weeping as they went, because today they were to be separated. From henceforth the child belonged to the house of the husband: and though sometimes she might be permitted to visit her mother, never could her mother visit her, not even to care for her in her hour of greatest need."

In India there is only one per cent of literacy among women. Millions are driven by cruel custom to child-wife slavery, and 40,000,000 women are behind walls where no garden, park, river, or mountain, nor any free companionship, can be seen and enjoyed. And of the 150,000,000 women of India it is said that only three million are within reach of competent medical aid. Such is the condition and life for the many millions of India's womanhood. Never was there a greater call to missionary effort,

# CHILD WELFARE

MUMBAI, of India

THE GENERAL CONFERENCE

*"The mother, often young and ignorant, has the care and responsibility of her own children. She knows no laws of health or sanitation. Infant mortality is therefore frightfully high, estimated at forty to fifty per cent."*

nor greater opportunity for wise teaching and healing.

The mother, often young and ignorant, has the care and responsibility of her children. She knows no laws of health or sanitation. Infant mortality is therefore frightfully high, estimated at forty to fifty per cent. The mother, though naturally kind and loving, as in any other land, nevertheless, dooms her offspring to suffering and death, because of an utter lack of knowledge of those fundamental principles which should be known by every mother, but which false and cruel religion has denied her.

Babies are fed any time, and fed with anything, even hot curries. And when sickness insues the trouble is regarded as a "possession" of some particular demon, which must be driven out some way,—perhaps by neglect. Children with burning fever are sometimes left in some remote corner, or even on the edge of a cesspool, given neither water nor medicine, and receive no care. And this is not any sign of lack of affection. "Don't take notice," says an anxious mother, "and then the evil spirit will depart. Pretend not to care, and the gods will be deceived." Even a well-to-do mother, who should know better, when her child was ill with smallpox, said she had done everything commanded in the sacred writings for her baby, and had put all her women servants into red garments, and had dieted everybody but her child. The smallpox is regarded as a luckless thing that visits the child, which will either take him away or leave holes in his face when the demon leaves.

In parts of India feeding opium to children is common, says Doctor Gordon. "How did it begin? Probably the mother had to leave her babe for hours at a time, while she went to work. She could not bear to think of its lonely, hungry crying, so she gave it enough opium to keep it quiet while she was away. And what wretched skeletons some of these babies

become! A beautiful baby girl was once brought to the hospital, having had its hand chewed by a goat, while it was alone in the house. When I had made the necessary amputations, it had but one whole finger left."

Neglect, sometimes enforced by poverty and ignorance, and often through carelessness, leaves its sad marks upon India's millions. Pure water, fresh air, are not regarded as blessings but are feared as foes. In fever the child is covered up with all the clothing in the house, and the cause of infection from any source is never known. Eyes are infected and neglected perhaps for months, or never receive attention. The results are 600,000 blind in India. There would be many more only many blind children die. The parent may take a corner of her filthy garment and wipe the eyes of a child suffering from some disease of the eyes, and then wipe her own eyes, thus spreading the infection. Children suffering from various complaints are sometimes branded with hot irons, over the abdomen and stomach. Then the sores are open to flies, as though the poor children had not enough suffering already.

Insanitation,—that's a word the doctors and nurses know, but it would appear from what anyone can see that few of the poor people know anything about it. Houses are built with no reference to air and sunlight, and many people sleep together in one room, with cows, goats, and chickens, and other creatures also. Even in the bit of courtyard, which might be salvation to those otherwise shut in, there lurks danger, for there often is a mud-puddle where bath and dish water, garbage and filth, generally collect. Often filth washes into the water supply filling it with disease and death, and this is drunk by little children who have not become immune, as apparently have some of their elders. Says a well known writer on Indian affairs: "If you wish reform in India about matters of health and sanitation; if you wish the improvement of the race and the decrease of infant mortality, back you must go to the woman and begin there your work of reform."





# DIETETICS



Conducted by E. H. Risley, M.D., Department of Chemistry and Dietetics, College of Medical Evangelists

## INORGANIC SALTS AS FOOD

IT WAS formerly supposed that if a satisfactory amount of protein, fat and carbohydrate was supplied in the diet that these would be sufficient materials to maintain nutrition, but more recent investigation has shown that several other factors are just as essential in the maintenance of proper physical condition. Among the other factors necessary are the inorganic salts. These substances are the ash of foods; that is, the substances left after the food sample is burned. All are familiar with the production of ashes by the burning of wood. A similar non-combustible material is left from the burning of foods. This non-combustible material is called "inorganic salts," "inorganic food stuffs," or "mineral salts" and consists of comparatively simple chemical substances such as soda, potash, lime, magnesia, iron, phosphates, etc.

### USES OF MINERAL SALTS

Thompson summarizes the uses of mineral salts as follows:

1. To regulate the specific gravity of the blood and other fluids of the body; that is, to maintain the proper density of these liquids.
2. To regulate the chemical reaction of the blood and the various secretions and excretions. The tissues of the body are always slightly alkaline, and these inorganic salts to a large extent maintain this condition.
3. To preserve the tissues from disorganization and putrefaction.
4. To control the rate of absorption.
5. To enter into the permanent composition of certain structures, especially the bones and teeth.
6. To enable the blood to hold certain materials in solution.
7. To serve special purposes such for example as the action of common salt in the production of hydrochloric acid of the gastric juice and the action of lime salts in the coagulation of the blood.

By a glance at the above uses it is at

once apparent that the inorganic salts are exceedingly important food substances, and are therefor worthy of most careful consideration in the balancing of the dietary.

### TABLE OF COMPARATIVE COMPOSITION

The following table gives comparison of the twelve most common constituents of the human body with those of the cereal, wheat and earth. The figures are approximate only.

Per Cent	Human Body	Wheat	Earth
Oxygen .....	66.0	47.48	49.85
Carbon .....	17.5	41.69	.19
Hydrogen .....	10.2	6.70	.97
Nitrogen .....	2.4	2.22	Trace
Calcium (Lime) .....	1.6	.05	3.18
Phosphorus .....	.9	.42	Trace
Potash .....	.4	.47	2.33
Soda .....	.3	.04	2.33
Chlorine .....	.3	.07	.2
Sulphur .....	.2	.18	Trace
Magnesia .....	.05	.13	2.11
Iron .....	.004	.005	4.12

Protein, fat and carbohydrate can furnish only six of the above constituents: oxygen, carbon, hydrogen, nitrogen, phosphorus and sulphur. The remainder are furnished largely by the inorganic salts or ash of foods. It is therefore, very important to make proper selection of foods to supply the constituents in sufficient amounts to nourish the body.

It is the purpose of this article to consider very briefly the practical points with reference to calcium (lime) and iron.

### CALCIUM OR LIME AS A FOOD

In the human body this element is found in greatest amount in the bones and teeth, but also occurs in many other parts of the organism, and wherever found seems to be very intimately related to the activities of the tissues. It is of great importance in many chemical reactions of the body, such as the work of the digestive ferments or enzymes and the coagulation of the blood. It also aids the white blood cells in their fight against disease and seems to be necessary in connection with the carrying of impulses or messages over the nerves.

Calcium is relatively of more import-

Continued on page 22

## HOW ABOUT IT?

**D**O YOU relish food unsavored with pepper, mustard, sauces and spice? Is food prepared according to the instruction of the testimonies palatable to you? Are you, as a cook, putting on your table foods "prepared in as simple and natural a manner as possible?" If not, you are in error. We are instructed to get back to the diet originally given to man. That dietary does not include harmful elements considered requisite to the palatableness of food on many Seventh-day Adventist tables. If the food nature provides does not, in its simplicity, appeal to you something is wrong with *you*. It is well to consider the advisability of a change.

Carbohydrates, proteins, and fats, are the elementary substances provided by the Master Builder for the maintenance of life. But these substances in pure condition are tasteless. Man, who is such a slave to his taste-buds, could never be made to eat sufficiently of an insipid dietary to properly maintain life. If supplied with such nourishing articles as white of egg and starch, ad-libitum, he would eat barely enough to satisfy the demands of actual crying need. Animals may be hungry yet refuse the food which, though highly nourishing, does not appeal to their taste. Rats will die of hunger amid plenty. Food must be relished in order to effectually serve the purpose as food.

Indeed the Creator intended that the process of ingesting nourishment should be enjoyed. He has gathered those tasteless, insipid food elements together, and mixing in mineral and organic accessories, has produced for the tickling of our palates all the numberless flavors which the combined action of those highly specialized organs of taste and smell have enabled us to enjoy. The tasteless starch is bound up in the palatable potato, the insipid protein in the pea, the lentil, and the bean, the rather nauseating fat into the plump appetizing olive. To the child not yet educated to the perverted demands of his father's palate, the thought, taste and smell, of these aromatic and savory substances produces a desire to eat. By the time he is twenty, he will not be satisfied with the natural flavor of his food. The cook must pepper or ginger it up and he must further mustard or Worcestershire it to get it down. His soups are hot and his salads are hotter. The palatable pleasure in a meal of his childhood is a lost asset.

What has brought about this change in the appetite of man?

From our knowledge of the construction and physiology of the digestive tract we know that it was intended that material introduced into the mouth should be chewed until broken down to a certain fineness which renders it fit to enter the stomach. It is also known that the rich, natural flavors of food are only liberated to be enjoyed in the process of thorough mastication. Consequently, when food is not masticated well, the organs of smell and taste are but feebly stimulated and we think the meal is very flat. Mastication is a lost art. To conserve our precious moments we snatch our food and bolt it in lumps, in strings, in gobs. Of course it is tasteless. Nature has decreed that the bound-up beauties of her products shall be liberated only after a bit of effort. But man will not be dictated to by nature and her laws. He will have his protein, fat, and carbohydrates, and if the pleasureable flavor cannot be forthcoming in the period of its speedy flight from lips to esophagus, he will add to that food that which has no food value but which will furnish a relish even when bolted.

We all know from experience that we handle our food better if we relish it. This is due largely to the fact that the taste organs telegraph ahead to the stomach to prepare for work. The stomach responds by pouring out some digestive juices and is consequently all ready to begin business the instant the tourist arrives. But when the food is bolted there is a failure on the part of the taste nerves to telegraph ahead unless they are stimulated more intensely by the addition of some readily diffusible sapid substance. But are we fooling nature? We are not. Primarily, this unnatural stimulation leads to the most prevalent American dietetic sin, namely, over-eating. We don't know when we have had enough. The evils of overeating are familiar to every Seventh-day Adventist.

Secondly,—with this unnatural stimulation of the taste nerves the telegraphic messages to the stomach and intestine are unreliable. Normally the tract is informed as to the nature of the food about to come, and is thus enabled to pour out a specific juice for a specific kind of food. Obviously this specificity which characterizes all normal processes is broken down and the digestive function is bound to be placed under a handicap when we cover up the natural taste with condiments.

Continued on page 21

# THE MEDICAL EVANGELIST

A Journal Devoted to the Promulgation of Health Reform Principles

LOMA LINDA, CALIFORNIA, NOVEMBER, 1920

VOLUME VII - - - - - NUMBER 3

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Direction of the destinies of THE MEDICAL EVANGELIST has recently been vested in the faculty of the College of Medical Evangelists, this body constituting the Board of Managers. At a recent meeting the following appointments were made:

## EDITORS—

J. G. White  
Dr. Arthur N. Donaldson  
Dr. Frederick Bulpitt

## DEPARTMENT EDITORS—

*Dietetics*—Dr. E. H. Risley  
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*Rational Therapeutics*—Dr. Frederick Bulpitt

## BUSINESS MANAGER—

Chester C. Fink  
*Assistants*—Shuler Fagen, Horace Hagen, Walter McPherson

This group of workers have taken unto themselves the added burden of editing and circulating THE MEDICAL EVANGELIST for the one reason that they are committed to the belief that Loma Linda must stand as an educational center, not only for those who are registered as students, but for her constituency at large. This takes in Seventh-day Adventists the world around. Our message is not limited to the moral law. It includes the physical law. And it is the message of "how to live," that the body may be a more fit place for the indwelling of the Holy Spirit, that must come to every believer.

THE MEDICAL EVANGELIST will continue many things of utmost value to every reader. It is in the hope that it may prove

a blessing in emphasizing a most important phase of our work that the already overburdened teaching staff is assuming this responsibility.

The editors will welcome all constructive criticism. Any suggestions that will aid in making the paper more useful in its field will be appreciated. The staff will furthermore be pleased to answer any questions, by private letter, that any subscriber may care to ask on subjects pertaining to healthful living.

A. N. D.

Whether the recent campaign in California to defeat the anti-health measures on the November ballot fails or not, it has been of inestimable value in the opportunity it afforded in educating the general public in regard to health matters.

The ethics of the medical profession have forbidden any program of self-laudation, or the assertion of "sure-cure" claims in the treatment of disease. It further has not considered it of importance to refute or disprove the statements of quacks in regard to their ability or accomplishments. Consequently, a goodly part of the community have failed to realize the great advances that have been made in medical science and many have been misled to put their trust in untrained and unqualified practitioners without realizing the danger to their health.

The time has now come for the people to recognize how much good has been done by those who have given up their lives in the combat of disease. They must realize what has been and is being done to protect their health, and they must know with what diligence and effort these advances are made. A few of the benefits which we so complacently receive include the prevention of epidemics by boards of health, the pure food laws, the production of specific antitoxins against diphtheria, lockjaw, meningitis and hydrophobia, and the wonders of modern surgery.

When the people learn of the tremendous amount of information that has been gathered relative to the cause and treatment of disease, when they realize the many years of training that is necessary to fit one to become a physician, when they come to appreciate the divine laws which control their health, then there will be no need to fear the vicious attacks against the public welfare of those who are prompted by ignorance or greed.

As a people, we have been blessed with special light in regard to the laws of health, and have observed "health-reform" as an integral part of our message. In



our work we should accordingly represent those principles of living based on sound reason and judgment. The qualifications of those who are capable of treating the sick is of special importance at this time when so many different varieties of cults are endeavoring to prey upon the people. In Volume 2, page 375, we find the statement: "My voice shall be raised against novices undertaking to treat disease professedly according to the principles of health reform. God forbid that we should be the subjects for them to experiment upon! We are too few. It is altogether too inglorious a warfare for us to die in. God deliver us from such danger! We do not need such teachers and physicians. Let those try to treat disease who know something about the human system. The heavenly Physician was full of compassion. This spirit is needed by those who deal with the sick. Some who undertake to become physicians are bigoted, selfish, and mulish. You cannot teach them anything. It may be they have never done anything worth doing. They may not have made life a success. They know nothing really worth knowing, and yet they have started up to practice the health reform. We cannot afford to let such persons kill off this one and that one. No; we cannot afford it!"

F. B.

A recognition of the principle of self-preservation is of fundamental importance. One writer puts it in this way: "Vigorous health and its accompanying high spirits are larger elements of happiness than any other things whatsoever, and the teaching how to maintain them is a teaching that should yield in moment to no other whatever." A great deal of this knowledge of self-preservation is provided by nature. The infant by the trial-and-error method determines the value of food. He is driven by restlessness to carry anything and everything within his reach to his mouth; if it causes pain he rejects it; if it stops the annoying gastric distress he seeks the same source of comfort and pleasure when again he is tormented by hunger. Throughout childhood and throughout life, in fact, he is instinctively aided in the avoidance of mechanical dangers. Even the sensations resulting from the violation of physical law are provided by nature for the purpose of warning; but so calloused do we become, or so gross is our ignorance of the laws of life that frequently these sensations are ignored or wrongly interpreted. And then, too, the dangers arising from the complexi-

ties of modern social life and the attendant evils are continually present, despite all innate instincts of warning. Proper and timely education alone can modify the prevalent disregard for natural law. The parent who wilfully or ignorantly violates natural law is not the ideal parent, and the citizenship of such a one will not bring the greatest good to a commonwealth. Pernicious habits of life for generations back, born largely of ignorance is responsible for the fact that 38 per cent of the young men examined during the draft were rejected on physical grounds,—more than one-third of the young men of the country being unable to conform to military requirements.

"Go to any of the 2,000,000 homes in this land now harboring an invalid," says an authority, "and in most of them you can trace without difficulty the disease, back to ignorance. Most of these sick are suffering from preventable diseases. In some the culpability lies with the invalid; in some with the state; but in all, prophylaxis lays in education. Knowledge and more knowledge of ourselves is the need." How truthfully we can say that teaching of self-preservation is of fundamental importance.

Seventh-day Adventists have been given full and complete instruction on how to live. This instruction is of divine origin, and if studied and lived out in the home, will prevent the waste of preventable disease. Health is the heritage of obedience to God's laws. Under God's rules for health preservation the thousands in Israel's camp were free from all physical taint. He would have a people just as physically fit in these closing hours. We can by teaching natural law, and by combating the effects of its violation, bring a soul into a position where God can speak to the heart. "The first essential in the building of character and morality is good health." We must stand before the world as reformers. The principles of self-preservation must be inculcated in our lives in order that we may be of greater service to humanity. God requires obedience to natural law. Are you ignorant of these requirements, or wilfully disobedient?

A. N. D.

"Ministers and physicians are to work harmoniously with earnestness to save souls that are becoming entangled in Satan's snares. They are to point men and women to Jesus, their Righteousness, their Strength, and the Health of their countenance." Volume 6, Page 233.

# College News

Mr. Arthur Robbins, sophomore student in medicine, is the proud father of an eight-pound son.

The boys of White Hall and Brown Cottage are congratulating themselves on the addition of screen porches to both homes.

The total enrollment of the College of Medical Evangelists is 328. This is an increase of ninety over last year's enrollment.

Drs. Frederick and Edith Harrison, from Oklahoma, are enrolled as postgraduate students in the Los Angeles division of the school.

In spite of the crispness of the air these fall mornings the swimming pool is still in demand for an early morning dip. It is said to be a "pep-producer."

Word has just been received from Dr. W. W. Ruble, that he has been successful in his Edinburgh examinations. He now adds "L. R. C., S. & P., to his name.

Dr. P. M. Keller was called to Philadelphia by the death of his father. He has now returned, and the family will soon be moving into their new home on Michigan Avenue.

We are glad to announce that Mrs. Hamer of Washington, D. C., has accepted the position of librarian. We can now be assured of increased efficiency in the work of the library.

An excellent dental clinic is being organized in the Dispensary by Dr. Glen Millard, recently of Omaha, Nebr. Doctor Millard is connecting with the school as a full time teacher in dental surgery.

The new laboratory, devoted to Physiological Therapeutics, has at last been equipped for work. We rejoice that this important phase of our medical education is now receiving the proper emphasis due it.

Doctor Magan gave the commencement address of the Boulder Training School during the last week in September. He was later in attendance at the Fall Council held in Indianapolis, beginning the 20th of October.

Patronage of the Sanitarium is very good for this time of the year, some seventy patients being registered at the present time. We have now approached the season of the year when we can look for a rapid increase in patronage.

Monday, October 4, school was dismissed and the entire student body engaged in the Harvest Ingathering work. It was a very interesting day and a big stride was made toward the \$2000.00 goal which has been set by the Loma Linda church.

Mr. Celestine J. Sullivan, executive secretary of the League of the Conservation of Public Health, gave excellent addresses at both the White Memorial Chapel and at Loma Linda upon the health measures which appear upon the November ballot.

Mrs. M. D. Wood, who is home on furlough after many years of active medical missionary work in India, is spending several weeks in attendance at the clinics of the Boyle Avenue Dispensary to better fit herself for her work in the foreign field.

The construction of the new heating plant for the White Memorial Hospital is being rapidly pursued. Conduits are being laid between the buildings to convey the steam lines. It is expected that the plant will be in operation by the first of the year.

Mr. Laverne Osborne has returned to his work in the X-Ray Department after a three-months visit with his family in the East. Battle Creek, Chicago and San Francisco were visited. Mr. Osborne spent some time in the best X-Ray laboratories of these cities.

The faculty reception for freshmen was held on the lawn back of the Sanitarium on a beautiful moonlight evening early in September. The lawn was canopied with Japanese lanterns and a splendid program was rendered in the presence of a large assemblage.

Many of our medical workers were actively engaged during the few weeks preceding the November election in instructing our people in regard to the vicious health measures appearing on the ballot. As a people, we should stand for what is right and best along health lines.

The student body at White Memorial were privileged to hear an interesting lecture by Mr. C. F. Powlison on child welfare. Mr. Powlison is the general secretary of the National Child Welfare Association. Many interesting posters were displayed which are used to carry the health message.

Picnics have been the vogue the past few days. Sophomores of both the medical and nursing schools enjoyed a moonlight outing on the 26th of October. The freshmen of both schools took theirs on the evening after the Sabbath, October 30. An enjoyable time is reported by all.

One day was spent recently by the students of the College in house to house work in the surrounding towns of Redlands, San Bernardino, Colton and Riverside, in an effort to instruct misinformed voters on how to vote on vicious Anti-Health measures. One day was spent by all the students in both divisions of the school in the same work in the city of Los Angeles.

A series of tent meetings is being conducted in San Bernardino by Elder Proctor. Wednesday night of each week is known as Loma Linda night. The hour is devoted to helpful instructions on "How to Live" and is meeting with a hearty response. The part which the health message plays in the gospel for this time cannot be emphasized too strongly. It must be regarded as a part of the message rather than as a means for securing the interest of hearers in the spiritual side of the message.

Dr. Earl Gardner was married to Miss Ether Swing on September 18, in San Gabriel. The ceremony was conducted by Elder Waldorf. The bride is a graduate nurse from the Boulder Sanitarium, and recently was in charge of the operation rooms at the White Memorial Hospital. They sail for Edinburgh, October 20, where the doctor will qualify for the British examinations, when they will engage

in medical missionary work in Singapore. This is the fourth graduate to take this step. Doctor Birkenstock has already received his credentials and is working in South Africa. Doctor Kretschmar and Dr. Herbert Amyes have been in Edinburgh about a month, and have already begun their examinations.

#### LETTER FROM DOCTOR KRETSCHMAR

Arrived in England on the 22nd of August. We spent a week at the Stanboro Park Sanitarium, just outside of London. I called on the secretary of the Royal Colleges of England several times with reference to studying in London. This is the statement I finally received from him: "So far as I can see it is probable that you will be admissible to the second and final examinations of this college and be required to complete one year of additional study at a recognized hospital in this country." The second examination in London includes Anatomy, Physiology, Materia Medica, and Pathology. I talked the matter over with Doctor Hayton of the sanitarium, and others. On their advice I came on to Edinburgh, and, if I take the English examination, it will be after I have taken the second and third examinations of Edinburgh.

I am glad to be able to tell you that I have been successful in the second professional examination. Passed Physiology with honors, that is, 75 or over; and Anatomy with credit, 65 or over. Fifty is the passing mark here. In Physiology, the training in the laboratories of Loma Linda came in good stead. When I had finished the oral, the examiner asked me where I had received my training. I give the credit to the One who has caused Loma Linda to exist, and to be a worthy representative of our school and our cause is my aim. Doctor Amyes was very successful in his examinations also. When you consider that two-thirds of the men trained in their own college fail in these examinations, I think it speaks well for the training given at Loma Linda.

We reviewed for the examinations for just a month, and were so fortunate as to get in the last month of the summer course in Anatomy conducted by J. Ryland Whittaker. He is a man of seventy years, but a wonderful teacher, and a greater anatomist still.

I am always anxious to hear of the progress of Loma Linda. My heart is with your work and I am glad to have a part in spreading her name.

#### How Sweet is Your Blood?

Continued from page 4

time. Cases were then quite rare in the hospitals, whereas nowadays they are a common occurrence. Between 1800 and 1810, the average individual consumption of sugar in the United States amounted to eleven pounds a year. Between 1910 and 1917 it had risen to an average of seventy-three pounds a year for each individual. For the year 1916 alone, the sugar consumption amounted to ninety pounds. So there appears a parallel between the greater incidence of diabetes and increased sugar consumption during the last half-century. A further evidence that overfeeding is closely related to diabetes is seen in relation to the World War. Dur-

ing the period of food stringency in the Central Powers, the number of cases of diabetes were much fewer, and the deaths from the disease during that period were greatly decreased.

Lack of exercise is a causative factor in that it predisposes to overweight. The disuse of the muscles also retards the combustion of sugar in the body, for it is there that a large part of the sugar formed from the food is used.

Mental stress seems to predispose to diabetes. After a severe strain, such as writing a long examination, sugar frequently appears in the urine. This is probably due to stimulation of the glands of internal secretion.

Repeated attacks of boils are also frequently associated with a rise in blood sugar. On reduction of the carbohydrate of the food, they rapidly disappear. Their relation to blood sugar could be known only by determining the sugar content of the blood.

The sugar of the blood is controlled by a very intricate balance of the body mechanism. If this balance is interfered with by unwise habits, serious diseases may result which may be very difficult to control. Overeating, especially of sweets, lack of exercise, and mental strain markedly predispose to diabetes. To maintain normal body activity, the food should be restricted to the needs of the body, and exercise should be an important part of each day's program.

#### Fundamentals in Medical Work

Continued from page 5

says,—“Ye are the temple of God, and the Spirit of God dwelleth in you. If any man destroyeth the temple of God, him shall God destroy; for the temple of God is *holy*.” 1 Cor. 3:16-17; and, “Your body is the temple of the Holy Spirit which is in you, which ye have from God, and ye are not your own; for ye were bought with a price; therefore *glorify God in your body*.” 1 Cor. 6:19-20, and “Whether therefore ye eat, or drink, or whatsoever ye do, *do all to the glory of God*.” 1 Cor. 10:31; and, “Eat in due season, for strength, and not for drunkenness,” Eccl. 10:17; and “Every herb yielding seed, . . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food,” Gen. 1:29, R. V. This kind of “words” is *better* than treatment of medicine. To *obey* this kind of “words” is *better* than to plead for forgiveness and healing which follows disobedience, and to bring a “sacrifice.”



Because the work of the physician is placed upon the basis set forth in the foregoing, the *commission* and *calling* to the physician is the same commission and calling as that given to the evangelist. "These twelve Jesus sent forth, and charged them saying, As ye go, *preach*, saying, The kingdom of heaven is at hand. *Heal the sick*, raise the dead, cleanse the lepers, cast out demons. Freely ye have received, freely give." Matt. 10:5-7, R. V. "The Lord appointed seventy others and sent them two and two before His face into every city and place whither He himself was about to come. And He said unto them, . . . Into whatsoever city ye enter, . . . *heal the sick* that are therein, and *say unto them*, The kingdom of God is come nigh unto you." Luke 10:1-9, R. V. These texts constitute the physician's calling; and these texts constitute the evangelist's calling.

Therefore, the first lesson in medical science is to learn that the laws of the body were set there by God the Creator, and are still maintained there by Him; that they were set there for, (a) The glory of God—*character*; (b) The good of man—*happiness through obedience*.

The world teaches medical science in an imperfect way for the sake of *health*. This may not bring forth *character*. While this is a worthy work, yet the commission given to Seventh-day Adventists is a *much higher calling*, it being to *prepare a people for the coming of the Lord*. When we teach medical science according to the word and wisdom of God, it has *character* as its *object*, and *eternity* as its *goal*.

When the medical work is understood as set forth in the foregoing, it becomes "a part of the third angel's message," Vol. 1, page 486, rather than merely an *adjunctive means of promulgating* that message. The difference between these two views is a *vital* difference. It is seldom considered to be the *former*, but is usually understood to be only the *latter*. May God hasten the day when our medical workers and all other classes of workers in this cause shall understand this, and *make it* "a part of the third angel's message;" and then the "right arm will *serve* and *protect* the body" of all our denominational work. Vol. 6, page 327.

"There are none too many godly physicians to minister in their profession. There is much work to be done, and ministers and doctors are to work in perfect union." Volume 6, page 233.

Page Twenty

## Principles in Maintenance of Health

Continued from page 11

Have you any of these symptoms? Do any of these conditions appear in your experience? *Try breathing* before you pay a dollar and a half for a bottle of some nondescript patent medicine. With head erect, chest up, heels together and hips back, take a few deliberate, full inspirations, throwing the arms out level with the shoulders or up over the head as you breathe in the fresh air. If you come up onto the toes also, with each inspiration, returning the heels to the floor and the arms to the side in a relaxed position as you breathe out, it will "take the kinks out" of the cramped muscles and rest the "tired spots" in the back as well as "cheering up your drooping spirits."

Breathe, good reader, *breathe*, whether you be housewife or telephone operator, clerk or colporteur, scholar or school teacher, farmer or office worker,—*breathe*. God breathed into the nostrils of the first man "the breath of life," and you cannot live without it.

### "OUT OF THE CITIES; BACK TO THE COUNTRY"

This is the call, not alone of inspiration, but of thinking men and women everywhere. Out of the impure air, the crowded tenements or narrow lots, the ungodly sights and sounds, the physical, mental and spiritual disease of the cities,—back to the garden, "God's great out-of-doors." Hear the quaint rejoicing of one country gentleman:

#### "MY RICHES"

"Ain't got money 'nuff to buy  
No masterpiece of art,  
But all the pictures in the sky  
Put gladness in my heart.

"Ain't got what it takes to go  
To hear them artists sing;  
But there's a medder-lark I know  
Whose song beats anything.

"Can't afford no manshun fine  
With everything in stile;  
But all the big outdoors is mine,  
And heaven all the while."

#### EXERCISE

God ordained work in the beginning, even when men's minds were untainted by sin. How much more necessary it is now when the imagination of man's mind is "only evil continually" and "the heart is deceitful above all things and desperately

wicked." For weak as well as strong, exercise is necessary. Acutely ill persons must rest. A few chronic invalids need absolute rest. But for most, exercise adapted to the condition is better than inactivity, which is itself a fruitful cause of disease. "Invalids should not be encouraged in inactivity. When there has been serious overtaxation in any direction, entire rest for a time will sometimes ward off serious illness; but in the case of confirmed invalid, it is seldom necessary." "Ministry of Healing," page 248.

#### "PURITY OF LIFE AND FIRM TRUST IN GOD"

Impurity brings disease of mind or body; often of both. "*Sickness of the mind prevails everywhere. Nine-tenths of the diseases from which men suffer have their foundation here.* Perhaps some living home-trouble is, like a canker, eating to the very soul and weakening the life forces. Remorse for sin sometimes undermines the constitution, and unbalances the mind." Vol. 5, page 444.

The meaning of these statements is perfectly clear to the mature mind. Let us maintain purity of life for ourselves and our children; and just here let us urge the importance of knowing where our children are, what they are doing, or thinking about, and what kind of associations they have. Of nothing will God require a more strict account than of the children He has entrusted to His church for training and for His work in the earth. There is more impurity even among our own children than many realize. Sufficient instruction has been given, sufficient warning sounded. *Let us be assured of purity of thought and life both for ourselves and our children.*

In God's arrangement the essentials for life are the preservatives of health and in His remedies is suggested the cause for disease.

"There are many ways of practicing the healing art; but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity and a firm trust in God, are remedies for the want of which thousands are dying; yet these remedies are getting out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and the effect produced upon the system." Vol 5, page 443.

## How About It?

Continued from page 14

The idea that condiments and stimulants act favorably in directly stimulating the production of gastric juice and in increasing gastric motor activity, and thus facilitating the digestive process, is a delusion. Professor Carlson, of Chicago University, has shown that these so-called stomachics and appetizers will have done their bit ere they enter the misunderstood stomach. And, our savory sauces and peppers being an irritant in the mouth, they are no less an irritant to the lining membrane of the stomach. They are always tabooed in mild dyspeptic disorders, yet we think them just the appetizers for the run down nervous individual who never enjoys the pangs of hunger. Rather, he should be advised to oxygenate his impoverished blood by a brisk walk, to stir up his eliminative organs by vigorous exercise, and the ingestion of water, for these bring no gastric catarrh, no sluggish liver.

It is recognized by every writer on dietetics that condiments are irritating to the organs of elimination. The kidneys suffer, the ureters suffer, the bladder suffers, and the urethra suffers. We are very quick to stop the use of these substances when the kidneys give evidence of disease. And we will with alacrity drop the hot stuff from our dietary when the bladder and urethra are inflamed. We don't care for the smarting, burning pain produced by their presence. If they are detrimental during diseased processes, they are just as detrimental in health. The long continued use of minute quantities of irritants will incontrovertably give ultimate evidence of its harmful nature, and we may expect such pathology as congestion of the liver, catarrh of the alimentary tract, hemorrhoids, nephritis, and general nutritive disturbances, to be the possible heritage of our stimulating diet.

We are not at liberty to ignore nature and her laws. Our bodies are not our own. When the Creator has opened to us of heaven's abundance for the sustenance of life and has given to us a dietary which answers every need of palate and body, we are palpably in error before our Maker, when we question His wisdom and take into our systems those substances which we know to be harmful. Let us bear in mind that our bodies are not our own. Simplicity in diet is an order from heaven. It is our duty to obey.

A. N. D.

## Inorganic Salts as Food

Continued from page 14

ance to the growing animal than to the adult.

Lack of this constituent during the period of growth has been shown to be a prolific cause of poor development and low resistance to disease. In later years a deficiency is also undoubtedly a cause of lowered resistance against diseases, especially tuberculosis.

Poor development of the bony structures of the body as well as the decay of the teeth are to a large extent due to too small a supply of this most valuable element.

Deficiency in this element is generally due to the constant use of food products which are below the proper limit in their ability to yield the substance, such as white flour products. Some calcium is lost each day through intestinal elimination, and hence the supply must be as constantly replenished.

Sherman in studying numerous dietaries has come to the conclusion that the actual needs of the body can be supplied by .45 gram (about seven grains) per day; but he believes that a fifty per cent surplus should be added, making the whole amount needed come to a little over ten grains for the twenty-four hours. A larger amount than this will not be out of place, but at least the amount stated should be taken.

The following table gives a few of the more common foods which are rich in calcium together with the percentage of this element found in them:

Food	Per Cent Calcium in Edible Portion
Almonds .....	.239
Beans, Dried .....	.160
Buttermilk .....	.105
Cabbage Greens .....	.106
Cauliflower .....	.123
Chard .....	.150
Egg Yoke .....	.137
Figs, Dried .....	.162
Hazel Nuts .....	.287
Lentils, Dried .....	.107
Milk .....	.120
Olives .....	.122
Turnip Tops .....	.347
Wheat Bran .....	.120

### IRON AS A FOOD

The amount of iron found in the human body is very small, only about .004 per cent, or one part in 25000 of body weight. The total quantity of iron found in the entire body of the average individual would be less than that found in a six-penny nail.

This iron is found chiefly in the red cells of the blood in a compound, called hemoglobin. This last mentioned product is the oxygen carrier of the body and its

presence is the basis of chemical activity in the tissues. There is practically no storage of iron in the tissues; so in order to keep them normal, a regular supply of the element must be taken in the food. The iron actually needed per day is very small. It has been estimated that ten milligrams or one-sixth grain is the proper amount to actually maintain the supply. Allowing a fifty per cent surplus as in the case of calcium it is found that fifteen milligrams or one-fourth grain is the amount required to keep the blood well stocked with this precious food supply.

It is well for each individual to select his dietary in such a way as to supply the iron in sufficient amounts for full nutrition. The following foods are excellent sources of the elements:

Food	Per Cent Iron in Edible Portion
Almonds .....	.0039
Beans, Dried .....	.0072
Dates .....	.0030
Egg Yolk .....	.0086
Figs, Dried .....	.0030
Flour, Graham .....	.0037
Hazel Nuts .....	.0041
Lentils, Dried .....	.0086
Oatmeal .....	.0038
Olives .....	.0029
Peas, Dried .....	.0057
Prunes, Dried .....	.0030
Raisins .....	.0021
Rice, Brown .....	.0020
Rye, Entire .....	.0039
Spinach .....	.0036
Wheat, Entire .....	.0050
Wheat, Bran .....	.0078

The following foods are poor in iron and thus not so well suited to maintain a good supply of that element:

Food	Per Cent Iron in Edible Portion
Corn Meal .....	.0009
Cream .....	.00022
Egg White .....	.0001
Flour, White .....	.0010
Milk .....	.00024

## The Christian Physician

Continued on page 7

tendency in his own life that tends toward death. For how can he tell his classes of the evils of alcohol, tobacco, coffee, tea, meat eating or any other unhealthful practice, when he himself is given to their use? Not only should he be able to teach them that such practices are wrong and show them where God speaks against their use, but he should also be able to give them the scientific reason why his teaching is true. And for the benefit of those who will not be willing to take these great principles from a merely religious standpoint, the physician must be able to show from the



scientific view, the evils of such a course. God never says a thing is harmful unless it is. If it is harmful there is a reason. It is up to the medical profession to supply the reason.

As the physician makes clear the laws of nature, and how the body strives to work in harmony with those laws there is opened before him a broad field of opportunities. God is the author of nature, He is the maker of our bodies, and when we endeavor to work against God's laws, we only tend to destroy the body that He has given to us. Thus the physician should make clear to his patients that disease and death are the results of breaking God's laws, and that the breaking of such is a sin. "Every practice which destroys the physical, mental, or spiritual energies is sin." Health can only be secured by turning about. Leave off transgressing the laws of nature and thus give the body a chance to regain itself. Whether or not the patient is willing to recognize it, yet the fact still remains, and should be made a prominent principle in the physician's life, that God only has the power to restore the suffering to health. The power of God should dominate every other influence in his life. His patients should be able to see that he is a man of God, and to feel the presence of Christ when he comes to minister to their needs. And why should not this be? Does not Christ stand by the side of every God-fearing physician?

As the doctor sits by the bedside and unfolds to the sufferer the divine workings of nature, the heart of the patient is drawn out in gratitude and love. To such a physician the sin-sick soul will pour out the secrets of a life of sin. He will tell to him things that no other ear would ever be allowed to hear. In such a condition the *man* of the physician must be united with the divine in Christ. He must be strong and full of the love and tender mercies of God, so that he in Christ's plan can show to the sick the compassion that God wishes to reveal. Only thus can many be drawn to Christ. They must first see the divine in the human before their faith is able to grasp the great principles of His saving grace.

Not all will accept the great principles of life. Many who have received the greatest benefits will turn away unmoved and ungrateful. But the physician should not feel discouraged. He should remember that in Christ's ministry only one of the ten lepers healed returned to give Him thanks. If his great Chief helped the ungrateful,

he must expect to do the same. Had there been only one in all the world who would have been saved through the Saviour's laborers, He would have died the death of Calvary just the same. So likewise, if through the efforts of the physician only one poor soul is brought to Christ, he should feel repaid; for who can set the value on a soul? Who can estimate the value of the blood Christ shed for him? To do our bit is only our duty.

## THE WORK OF OUR SANITARIUMS

D. H. Kress, M. D.

AS THE work of God in this earth nears its close we have a right to expect God in a miraculous way to work in restoring the sick to health. Why do we not now witness these manifestations of His power more frequently than we do? This question naturally arises in the minds of many. There are several reasons why we do not now witness more of God's healing power. In the first place, to every one that Jesus heals He desires still to say, "Sin no more, lest a worse thing come upon thee." The thing to feel concerned about and to be saved from *is the sins* which are responsible for disease rather than disease itself. God aims to help men and women in getting rid of disease by helping them to remove causes, therefore it is the *causes* we should feel *most* concerned about.

Sanitariums are established for the purpose of pointing out to the sick the *causes* of their sickness, and then as they repent, and correct their habits of living, to point them to the "Lamb of God that taketh away the sin of the world." God's blessing will thus rest upon the simple agencies that may be employed in their restoration.

Every one who is thus healed becomes a worker to help others who are in need of help. The words, "Go home to thy friends and tell them how great things the Lord hath done for thee," are addressed to every one who has been blessed through the adoption of the principles of health. Every church member should therefore be a "good Samaritan," on the lookout for cases in need of help. These should be taken to the "*Inn*."

When this work is taken up by the members of the church as it ought and will be, there will be at once created a demand for more "*Inns*." Sanitariums will then be established in many places.

## A NOBLE WORK

Fifty years hence, when the financial operations of John D. Rockefeller have faded from the public memory and his industrial achievements are forgotten, his name will be perpetuated by the service he rendered to medical science in establishing and endowing the Rockefeller Foundation. He will live in history as a great philanthropist who lengthened the lease on human life by combatting successfully malignant diseases that have wrought such havoc through the centuries.

Ten years ago yellow fever was one of the great destructive human maladies. It was the terror of most of the Southern States. Its toll of death in the two Americas was estimated at tens of thousands annually. Experts of the Rockefeller Foundation discovered that this disease was transmitted by a certain species of mosquito. The foundation opened a campaign for the eradication of that mosquito by attacking its breeding places. From the southern part of our country they followed it through the Central American and South American states, through the African swamps and the islands of the Pacific. Perhaps it is too soon to claim that the yellow fever has been eradicated; but, during the last summer, there was not a single case of yellow fever reported in the United States or any of its island territories. Only seven cases were reported from all parts of the world.

In order to accomplish this result the Rockefeller Foundation expended many millions of dollars. It met with cordial co-operation from health authorities of the fever-infested communities. It followed the disease-carrying mosquito through jungles considered hitherto impassable. Several of the eradicators lost their lives, giving them as a sacrifice to the health of the world. The result is one of the greatest achievements ever recorded by medical science.

Malaria is another disease that has been traced to a breed of mosquito; and the Rockefeller Foundation is spending millions in its campaign of eradication. Some of the worst malarial districts of the world have been invaded by the experts of the foundation and the results give rise to the belief

that before another ten years passes malaria will have also disappeared. The co-operative antimalaria campaign in Arkansas and Mississippi has cut the death rate of several communities in half. The health authorities are following up the work begun by the foundation experts.

During the last three years the Rockefeller Foundation has been conducting a campaign against tuberculosis in France. This was a part of its war work that was extended after the armistice. The foundation has expended more than \$400,000 in twelve months aiding the French health authorities to combat the spread of the "white plague." The results achieved are highly gratifying and the French health authorities are now making the war against tuberculosis a part of the recognized functions of municipal and district governments.

To get an idea of the vast extent of the work of the foundation in China one has but to remember that the "medical school lands, buildings and equipment" owned by the foundation in that country are valued at \$4,733,521.

Vast sums of money are necessary to carry on so extensive a work. It necessitated the wealth of a Rockefeller to make such a project possible. The funds and property held by the Rockefeller Foundation have a book value of \$234,000,000. The interest of these investments totals about \$10,000,000 annually, and it is with this money that the researches of the foundation are conducted. No other man in all history has given so vast a sum for the public good. Carnegie, with his library gifts, occupies second place.

As the years pass the example of the Rockefeller Foundation will encourage other men of great wealth to devote a considerable portion of it to the public welfare during their lives. It is a noble impulse.—Los Angeles Times.

Dr. Ewald Herman, class of 1920, and Miss Alma Fink were united in marriage at the home of the bride, Loma Linda, Sept. 29. Elder N. J. Waldorf officiated. Doctor Herman and wife sail Nov. 27, for South America to connect with the Sanitarium and school in Argentina.

# ARE YOU LOOKING

—FOR A—

## Christmas Gift for Your Friends

- SOMETHING. . . . . 1. That no one else carries.  
2. That will inform them on Health Ideas.  
3. That you may easily obtain.

### IF SO, WE HAVE IT—

Send them a year's subscription to THE MEDICAL EVANGELIST. \$1.00 a year, published Bi-monthly. Send your subscriptions to

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Extensive laboratory and  
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**ST. HELENA SANITARIUM**

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## HOW IS YOUR HEALTH?

**G**ETTING WELL involves reconstruction; the building of new organs, of a new body; the putting off of the old man of disease and the putting on of the new man of health.

The Sanitarium system of treatments aims at reconstruction,--not merely stimulating or repairing--the tired, worn out nerves and muscles: Results have proven it.

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# THE LOMA LINDA SANITARIUM

LOMA LINDA, CALIFORNIA



Southern California Teems With Fragments of Fairyland